

ISS Attitude Transition (OCK to PCO)

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00		Prep for work
08:00–08:30		Post-docking Ku-band TV deconfig
08:30–08:55	CDR	TV address: birthday of the Baikonur police chief. TV address downlink: Greeting participants of the ceremonial gathering dedicated to the 40 th anniversary of Tereshkova/Bykovsky flight in space (using camera BK2) (T₀=08:24, T1, T2, T3 will be initiated by the СПП Automated Daily Timeline)
08:55–09:00		PLANTS-2: data downlink
11:30–12:30		Physical exercise (VELO + Load Trainer-1 / day 3)
	FE-1	Physical exercise (CEVIS)
12:30–13:30		LUNCH
13:30–14:10	CDR	Changeout of БРПК-2 separator
15:00–16:30		Physical exercise (TVIS-3)
	FE-1	Physical exercise (RED)
17:35–17:45		Setup for PAO event
17:45–17:55		Prep for PAO event
17:55–18:15		Educational PAO event: Bradley University Institute for gifted students
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (<i>S-band</i>)
19:00–19:10	FE-1	Prep for work
19:00–19:30	CDR	
19:10–19:15	FE-1	Prep for ham radio contact
19:15–19:25		Ham radio contact
19:25–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE:

1. See OSTP for references to US procedures
2. Task List:CDR: Life on ISS video
URAGAN Earth observations

End of radiogram